

RICHARD R. BOOTZIN

April, 2009

Tel: 520 621-5705
Fax: 520 621-9306
email: bootzin@u.arizona.edu

Department of Psychology
University of Arizona
PO Box 210068
Tucson, Arizona 85721-0068

Birthplace: Milwaukee, Wisconsin, USA

Education

B.S.	1963	University of Wisconsin - Madison (Psychology)
M.S.	1966	Purdue University (Psychology)
Internship	1967-68	Palo Alto V.A., Palo Alto, California (Clinical Psych.)
Ph.D.	1968	Purdue University (Psychology)

Professional Employment

University of Arizona

Professor, Department of Psychology, 1987-present
Professor, Department of Psychiatry, College of Medicine, 1988-present
Director, Insomnia Clinic, Department of Psychiatry, College of Medicine, 1988-present
Professor, Committee on Neuroscience, 1988-present
Acting Head, Department of Psychology, 1994-1995
Director, Clinical Psychology Graduate Training Program, 1987-1992
State of Arizona Psychology License #1368 issued December 11, 1987

Northwestern University

Chairman, Department of Psychology, 1980-1986
Professor, Department of Psychology, 1978-1986; Associate Professor, 1973-1978; Assistant Professor, 1968-1973
Director, Graduate Training in Personality and Abnormal Psychology, 1973-1980
Director, Health Services Research Psychologist Training Program, 1974-1978

Honors

Mary A Carskadon Outstanding Educator Award, Sleep Research Society, 2008
Elected President, Board of Directors, Psychological Clinical Science Accreditation System, 2008-2010
Graduate/Professional Student Advisor of the Year Award, University of Arizona Graduate and Professional Student Council and Graduate College, 2005
Elected to the Board of Directors, Association for Psychological Science, 2004-2007
Elected Head, Section on Sleep and Behavior, Sleep Research Society, 1999-2002
Elected President, Academy of Psychological Clinical Science, 1998-2001

Distinguished Visitor, School of Psychology, Flinders University, Adelaide, Australia,
July - Aug., 1998
Elected President, Society for the Science of Clinical Psychology (Section III of Div.
12 of the American Psychological Association) 1992
Visiting Associate Professor, Dept. of Psychology, Stanford University 1977-1978
Fellow, American Association of Applied and Preventive Psychology
Fellow, American Psychological Association (Divisions 8, 12, 25, and 38)
Charter Fellow, Association for Psychological Science, previously American
Psychological Society

Professional Associations

Academy of Psychological Clinical Science
Steering Committee, 1994
Executive Committee, 1995-2002
President, 1998-2001
Past-President, 2001-2002
President, Board of Directors, Psychological Clinical Science Accreditation
System, 2008-2010
American Association of Applied and Preventive Psychology
Association for Behavioral and Cognitive Therapy, previously AABT
Board of Directors, 1973-1977
Chairman, Publications Board, 1975-1977
American Psychological Association
Fellows Committee for Division 12, 1984-1986
President, 1992, and Executive Board Member, 1991-1993, Section III, Division
12, Society for the Science of Clinical Psychology
Association for Psychological Science
Steering Committee, Summit on Accreditation, 1992
Program Committee, 1999, 2000, 2001
Chair, Fellow Selection Committee, 2002-2004
Board of Directors, 2004-2007
Council of Graduate Departments of Psychology, 1980-1986
Executive Board, 1985-1986
Council of University Directors of Clinical Psychology, 1987-1992
Executive Board, 1989-1992
Federation of Behavioral, Psychological, and Cognitive Sciences
Member, Forum on Research Management, 1989-1991
Society for Psychophysiological Research
Program Committee, 1995, 2000
Sleep Research Society
Executive Board and Head, Section on Sleep and Behavior, 1999-2002
Southern Arizona Psychological Association

Advisory Committees

Member, International Classification of Sleep Disorders revision subcommittee on the diagnosis of insomnia, American Academy of Sleep Medicine, 2003-2006
Member, Scientific Advisory Board of the American Insomnia Association, 2000-2004
Member, American Academy of Sleep Medicine task force to develop insomnia research diagnostic criteria, 1999-2004
Member, Subcommittee on the Evaluation and Future Directions of the Clinical Trials Network, appointed by the Director of NIDA, 2003-2004
Co-chair, Planning Committee, NIMH-Academy of Psychological Clinical Science Workshop on Training in Clinical Science, 2003-2004
Member, task force to evaluate and provide future directions for the behavioral treatment program at NIDA, 2003
Member, American Academy of Sleep Medicine six-person task force on standards of practice of nonpharmacologic treatment of chronic insomnia, 1997-1999.
NIDA workshop, "Behavioral Therapy Development and Psychological Science", 1996, 1997
Human Capital Initiative: Psychopathology and Mental Health, Planning Committee, coordinated by APS and NIMH, 1993-1996
NIDA Advisory Committee on Behavioral Treatments, 1993
NIMH-APS Young Investigator Task Force, 1992

Grant Review Activities

Reviewer, NIH Review Committee, Biobehavioral and Behavioral Processes, Special Emphasis Panel, BBBP-E, 2009.
Reviewer, NIH Review Committee, Centers for Excellence in Research, 2008
Reviewer, NIH Special Emphasis Panel on Treatments of Insomnia, 2008
Reviewer for SAMHSA's National Registry of Evidence-Based Programs and Practices, NREPP 2007-2009
Reviewer, NIH Director's Innovation Awards, 2007
Reviewer, NIH Director's Pioneer Awards, 2006
Member, NIH Review Committee, APDA-Adult Psychopathology and Disorders of Aging, 2006
NIDA Special Emphasis Panel on RFA on the Neurobiology of Behavioral Treatments, 2005
NIMH, ITV-Intervention, study section member, 2005
Integrated Review Committee, NPAS-Neural Basis of Psychopathology, Addictions, and Sleep Disorders, ad hoc reviewer, 2004
NIMH Special Emphasis Panel on Predoctoral and Postdoctoral Institutional Research Training (T32) 2003
NIMH Special Emphasis Panel on NRSA Institutional Training Grants (T32) and Mental Health Education Grants (R25) 2002
NIMH Special Emphasis Panel on an RFA on Translational Research, 2002

NIOSH Special Emphasis Panel on Joint Development of a Sleep Disorders Education Program, 2002
NIH Special Emphasis Panel on Placebo Effects in Clinical Practice, 2002
NIDA Special Review Committee to select nodes for the Clinical Trials Network, 2000
NIOSH Special Review Committee on Demanding Work Schedules, Sleep Disorders and Risk of Occupational Illness and Injury, 1999
NIDA Special Review Committee on Behavioral Treatments, 1993; chair, 1994; 1995
NIH Human Development and Aging Review Committee, 1993
VA Health Services Research & Development Review Panel, 1988
Ad hoc grant reviewer for NIH, NSF, the Veterans Administration, and the Medical Research Council of Canada.

Educational Consultant and Site Visitor

University of Miami, Department of Psychology, external review, 2009
Columbia University Teachers College, Department of Counseling and Clinical Psychology, external review, 2008
University of Oregon, Clinical Psychology Program, Department of Psychology, external review, 2005
State University of New York at Stony Brook, Psychology Department, external review, 2002
University of Texas, El Paso, Psychology Department, External Review, 1996
University of Arizona, Bureau of Applied Research in Anthropology, Chair of Internal Review Committee, 1995
University of Arizona, School of Family and Consumer Resources, Chair of Internal Review Committee, 1992
University of Utah, Psychology Department, External Review, 1992
Rutgers University, Psychology Department, External Review, 1992
University of North Texas, Psychology Department, External Review, 1989
New York State Board of Regents, State University of New York at Stony Brook, Graduate Programs of the Psychology Department, 1987
State of Tennessee, Center of Excellence, Applied Psychology, Memphis State University, 1984, 1987
Committee on Accreditation/American Psychological Association site visitor of clinical psychology programs, 1988-2008: University of New Mexico, UCLA, McGill University, Ohio State University, University of Virginia, University of Pennsylvania, Vanderbilt University, Duke University, University of Nevada-Reno, Indiana University, Fairleigh-Dickenson University, University of Memphis, University of Nebraska, Rutgers University, University of Hawaii, Brown Medical School Consortium, University of Wisconsin, University of Delaware, Teachers College/ Columbia University, University of Maryland, University of South Florida, University of Connecticut, University of Iowa, UCLA, University of Rochester, University of Albany, University of Nevada-Reno, University of Pittsburgh.

Editorial Activities

Editorial Boards:

Applied and Preventive Psychology, 2004-present
Behavioral Sleep Medicine, 2001-present
Journal of Behavior Therapy and Experimental Psychiatry, 1978-present
Sleep Research Online, 1998-present
Annual Review of Psychology, 1997-2001
Clinical Psychology: Science and Practice, 1993-1999
Encyclopedia of Psychology, senior editor for clinical psychology, 1993-1999,
published by APA and Oxford University Press, 2000
Behavior Therapy, 1975-1977

Editorial ad hoc reviewer:

American Journal of Managed Care
American Journal on Mental Retardation
American Psychologist
Annals of Behavioral Medicine
Archives of General Psychiatry
Behavior Modification
Behavior Therapy
Behavioural Research & Therapy
Canadian Journal of Behavioral Science
Chronobiology International
Clinical Psychology Review
Cognitive Therapy and Research
Contemporary Biology
Current Directions in Biology
Current Directions in Psychological Science
Dreaming
Evaluation and Program Planning
Health Psychology
Hospital and Community Psychiatry
Journal of Abnormal Psychology
Journal of Applied Behavior Analysis
Journal of Behavioral Medicine
Journal of Clinical Psychiatry
Journal of Clinical Sleep Medicine
Journal of Consulting and Clinical Psychology
Journal of Experimental Psychology: Learning, Memory, and Cognition
Journal of Experimental Social Psychology
Journal of Personality
Journal of Personality and Social Psychology: Attitudes and Social Cognition
Journal of Personality and Social Psychology: Personality Processes and Individual Differences
Journal of Psychopathology and Behavioral Assessment
Journal of Psychosomatic Research

Journal of Sleep Research
Journal of Social and Clinical Psychology
Journal of Traumatic Stress
Neurobiology of Learning and Memory
Personality and Social Psychology Bulletin
Physician and Sports Medicine
Psychobiology
Psychology and Aging
Psychological Bulletin
Psychological Reports
Psychological Science
Science
Sleep
Sleep Medicine Reviews

Research and Training Support

- Bootzin, R.R. (PI), Wright, K.P., & Bell, I.R.. Effects of Ramelteon (8 mg) and Multi-Component Behavioral Therapy Alone and in Combination on Sleep and Circadian Phase in Patients with Chronic Insomnia: A Randomized, Double-Blind, Placebo Controlled Study, 6/1/07 – 5/31/10, Takeda Pharmaceuticals, \$275,000 (total costs)
- Perlis, M.L. (PI)...Bootzin, R.R. (consultant). NIH/NIMH R01: The Role of Partial Reinforcement in the Long Term Management of Insomnia, 2006-2111, total direct costs, \$1,850,000.
- Irwin, M., (PI)...Bootzin, R.R. (consultant), Aging: Cytokine mechanisms and treatment of insomnia, 9/1/05 – 8/31/10, NIH/NIA and NCCAM , \$2,000,000 (total direct costs)
- Bell, I.R. (PI), & Bootzin, R.R. (co-investigator), Polysomnography in Homeopathic Remedy Effects, 3/01/05 – 2/28/09, NIH/NCCAN, \$375,000 (total costs)
- Sidani, S. (PI)...Bootzin, R.R. (PI for Tucson site). Alternative Methods for Clinical Research. NINR NR05075 2001-2007, total direct costs Tucson, \$450,000.
- Lack, L. (Chief Investigator) & Bootzin, R.R. (Chief Investigator B). Evaluation of a Rapid Behavioural Treatment for Sleep Onset Insomnia. National Health and Medical Research Council (Australia), 2004-2006, total direct costs, \$264,750.
- Bootzin, R.R. (PI), & Stevens, S (Co-PI). Reducing Adolescent Substance Abuse Through Treatment of Sleep Disturbances and Daytime Sleepiness. Office of National Drug Control Policy, 2001-2005, total costs, \$340,000.
- Quan, S.F. (PI), Bootzin, R.R. (coinvestigator). Sleep Heart Health Study, Multisite Collaborative Study, NHLBI 9409L, 1999-2004, total costs Tucson \$1,858,000.
- Bootzin, R.R. (PI, evaluation). Project Match (Multi-Agency Team for Children) SAMHSA, 1999-2002, evaluation subcontract, \$300,000.
- Lack, L. (PI) & Bootzin, R. (Co-PI). The basis of the sleep misperception of insomniacs and the therapeutic benefits of perceptual training. National Health and Medical Research Council, Australia, 1999-2002, total direct costs, \$260,000.
- Shapiro, S.A. (PI), Bootzin R.R. (coinvestigator and mentor). Stress reduction for women with breast cancer. NCI R03, 1999-2001.
- Kuo, T (PI), Bootzin, R.R. (mentor). Effects of sleep disordered breathing on neuropsychological functioning. NRSA/NHLBI, 1997-1999.

- Quan, S.F. (PI), Bootzin, R.R. (coinvestigator). Sleep Heart Health Study, Multisite Collaborative Study, NHLBI 1994-1999, total costs Tucson \$2,200,000.
- Loewy, D.; Bootzin, R.R. (coinvestigator and mentor). Sleep ERP measure of cognitive processing in insomnia. NIMH B/START, 1996-1998.
- Lack, L. (PI) & Bootzin, R.R. (Co-PI). Stimulus control therapy and morning bright light in the treatment of sleep onset insomnia. National Health and Medical Research Council, Australia, 1995-1998, total direct costs, \$225,000.
- Bell, I.R., & Bootzin, R.R. (Co-PIs). Environmental chemical intolerance and polysomnographic evaluation of sleep. Wallace Genetic Foundation, 1994-1996, total direct costs, \$80,000.
- Wyatt, J.K. (PI), Bootzin, R.R. (mentor). NSF Predoctoral fellowship for research in neuropsychology, 1992-1994.
- Bell, I.R., & Bootzin, R.R. (Co-PIs). Polysomnographic Evaluation of Individual Differences in Sleep of Elderly Adults on Diets With and Without Dairy Products. Dairy Council, 1992-1994, total direct costs, \$159,000.
- Bootzin, R.R. (PI, evaluation). Reducing Child Abuse by Improving Services to Substance Abusing Parents, Families, and Adolescents. NCCAN CP0052, 1991-1994, evaluation subcontract, \$90,000.
- Shoham, V. (PI) & Bootzin, R.R. (Co-PI). Outcome and Process Analyses of Therapeutic Paradoxes, NIMH MH47451, 1991-1994, total direct costs \$225,000.
- Provan, K. (PI) Bootzin, R.R. (Co-PI). Interorganizational Delivery of Mental Health Services, NIMH MH43783, 1991-1994, total direct costs, \$585,000.
- Bootzin, R.R. (PI, evaluation). Reducing Child Abuse Through Community-Wide and School-Based Prevention Education. NCCAN CP0031, 1991-1993, evaluation subcontract, \$30,000.
- Bootzin, R.R. (PI, evaluation). Tucson Community Partnership for the prevention of substance abuse. CSAP SP04397, 1991-1993, evaluation subcontract, \$110,000.
- Bootzin, R.R. (PI). Evaluation of Mental Health Long-Term Care, Illinois DMH/DD, 1977-1982
- Bootzin, R.R. (PI). Personality and Abnormal Psychology Training Grant, NIMH, 1976-1982
- Bootzin, R.R. (PI). Health Services Research Psychologist Training Grant, NIH, 1974-1978.
- Bootzin, R.R. (PI). Evaluation of Behavioral Treatments for Insomnia, NIMH, 1971-1974

Books and Edited Volumes

Bootzin, R.R. (1975). *Behavior modification and therapy: An introduction*. Cambridge, Mass.: Winthrop Publishers.

Bootzin, R.R. & Acocella, J. (1980, 1984, 1988). *Abnormal psychology: Current perspectives*, 3rd, 4th, 5th Editions. New York: Random House.

Bootzin, R.R., Loftus, E., Zajonc, R., & Hall, E. (1983). *Psychology today: An introduction*, 5th Edition; Bootzin, R.R., Bower, G., Zajonc, R., & Hall, E. (1986) 6th Edition. New York: Random House.

- Reiss, S., & Bootzin, R.R. (Eds.) (1985). *Theoretical issues in behavior therapy*. New York: Academic Press.
- Bower, G.H., Bootzin, R.R., Zajonc, R.B., & Hall, E. (1987). *Principles of psychology today*. New York: Random House.
- Bootzin, R.R., Kihlstrom, J.F., Schacter, D. (Eds.,1990). *Sleep and cognition*. Washington, D.C.: APA Books.
- Bootzin, R.R., Bower, G.H., Crocker, J., & Hall, E. (1991). *Psychology today: An introduction*. 7th Edition. New York: McGraw-Hill.
- Bootzin, R.R., Acocella, J.R., & Alloy, L.B. (1993). *Abnormal psychology: Current perspectives*, 6th Edition; Alloy, L.B., Acocella, J.R., & Bootzin, R.R. (1996). 7th Edition. New York: McGraw Hill.
- Penn, P.E., Bootzin, R.R., Cooper, J., Hooks, K., & Kravits, K. (1993). *Tobacco, alcohol, and drugs: A summary of published needs assessments with focus on Pima County*. Tucson: University of Arizona Evaluation Group for Analysis of Data.
- Bootzin, R.R., Lahmeyer, H., & Lilie, J.K. (Eds., 1994). *Integrated approach to sleep management. The healthcare practitioner's guide to the diagnosis and treatment of sleep disorders*. Belle Mead, NJ: Cahners Healthcare Communications.
- Onken, L.S., & Bootzin, R.R. (Eds., 1998). Co-editors of a special issue: Behavior Therapy Development and Psychological Science. *Behavior Therapy*, **29**, 539-719.
- Bootzin, R.R., & McKnight, P.E. (Eds., 2006). *Strengthening Research Methodology: Psychological Measurement and Evaluation*. Washington, D.C.: APA Books.
- Treat, T.A., Bootzin, R.R., & Baker, T.B. (Eds., 2007). *Advances in Psychological Clinical Science: Integrative Perspectives in Honor of Richard M. McFall*. New York: Psychology Press.
- Chapters and Articles:**
- Bootzin, R.R., & Natsoulas, T. (1965). Evidence for perceptual defense uncontaminated by response bias. *Journal of Personality and Social Psychology*, **1**, 461-468.
- Palacios, M., Newberry, L., & Bootzin, R.R. (1966). Predictive validity of the interview. *Journal of Applied Psychology*, **50**, 67-72.
- Bootzin, R.R., & Stephens, M.W. (1967). Individual differences and perceptual defense in the absence of response bias. *Journal of Personality and Social Psychology*, **6**, 408-412.

- Sushinsky, L., & Bootzin, R.R. (1970). Cognitive desensitization as a model of systematic desensitization. *Behaviour Research and Therapy*, **8**, 29-33.
- Lick, J.R., & Bootzin, R.R. (1970). Expectancy, demand characteristics, and contact desensitization in behavior change. *Behavior Therapy*, **1**, 176-183.
- Bootzin, R.R. (1971). Expectancy and individual differences in experimenter bias. *Journal of General Psychology*, **84**, 303-312.
- Bootzin, R.R. (1972). A stimulus control treatment for insomnia. Proceedings of the 80th Annual American Psychological Association Convention, 395-396.
- Abstracted (1977). S. Wallen, N.M. Hauserman, & P.J. Lavin (Eds.), Clinical guide to behavior therapy. Baltimore: Williams & Wilkins.
- Kazdin, A.E. & Bootzin, R.R. (1972). The token economy: An evaluative review. *Journal of Applied Behavior Analysis*, **5**, 343-372.
- Reprinted as a monograph (1972) Journal of Applied Behavior Analysis. Citation Classic #39 (ISI, 9/29/80).
- Kazdin, A.E., & Bootzin, R.R. (1973). The token economy: An examination of issues. In R. Rubin, J.P. Brady, & J. Henderson (Eds.), Advances in behavior therapy, Vol. IV. New York: Academic press.
- Murphy, C.M., & Bootzin, R.R. (1973). Active and passive participation in the contact desensitization of snake fear in children. *Behavior Therapy*, **4**, 203-211.
- Roth, S. & Bootzin, R.R. (1974). The effects of experimentally induced expectancies of external control: An investigation of learned helplessness. *Journal of Personality and Social Psychology*, **29**, 253-264.
- Nicassio, P. & Bootzin, R.R. (1974). A comparison of progressive relaxation and autogenic training as treatments for insomnia. *Journal of Abnormal Psychology*, **83**, 253-260.
- Reprinted (1974). L.V. DiCara, T.X. Barber, J. Kamiya, N.E. Miller, D. Shapiro, & J. Stoyva (Eds.) Biofeedback & self-control: An Aldine annual on the regulation of bodily processes and consciousness. Chicago: Aldine.
- Reprinted (1974). G.R. Patterson, I.M. Marks, J.D. Matarazzo, R.A. Myers, G.E. Schwartz, & H.H. Strupp (Eds.) Behavior change: An Aldine annual of psychotherapy, counseling, and behavior modification. Chicago: Aldine.
- Sechrest, L. & Bootzin, R.R. (1975). Preliminary evaluation of participation of psychologists in encounter groups. *Professional Psychology*, 69-79.

- Lick, J.R. & Bootzin, R.R. (1975). Expectancy factors in the treatment of fear: Methodological and theoretical issues. Psychological Bulletin, 82, 917-931.
- Hendricks, M. & Bootzin, R.R. (1976). Race and sex as stimuli for negative affect and physical avoidance. Journal of Social Psychology, 98, 111-120.
- Bootzin, R.R., Herman, C.P., & Nicassio, P. (1976). The power of suggestion: Another examination of misattribution and insomnia. Journal of Personality and Social Psychology, 34, 673-679.
- Bootzin, R.R. (1977). Effects of self-control procedures for insomnia. In R. Stuart (Ed.), Behavioral self-management: Strategies and outcomes. New York: Brunner/Mazel.
Reprinted (1979). American Journal of Clinical Biofeedback, 2, 70-77.
- Bootzin, R.R., & Nicassio, P. (1978). Behavioral treatments for insomnia. In M. Hersen, R. Eisler, & P. Miller (Eds.), Progress in behavior modification, Vol. 6 (pp 1-45) New York: Academic Press.
- Youkilis, H. & Bootzin, R.R. (1979). The relationship between adjustment and perceived locus of control for female psychiatric inpatients. Journal of Genetic Psychology, 135, 297-299.
- Bootzin, R.R., & Lick, J. R. (1979). Expectancies in therapy research: Interpretive artifact or mediating mechanism? Journal of Consulting and Clinical Psychology, 47, 852-855.
- Bootzin, R.R. & Max, D.M. (1980). Learning and behavioral theories of anxiety and stress. In I.L. Kutas and L.B. Schlesinger (Eds.), The handbook on stress and anxiety: Current knowledge, theory, and treatment. San Francisco: Jossey-Bass.
- Bootzin, R.R. & Engle-Friedman, M. (1981). The assessment of insomnia. Behavioral Assessment, 3, 107-126.
Abstracted (1985). D.I. Mostofsky & R.L. Piedmont (Eds.), Behavioral therapies in medicine. San Francisco: Jossey-Bass.
- Shadish, W.R., & Bootzin, R.R. (1981). Nursing homes and chronic mental patients. Schizophrenia Bulletin, 7, 488-498.
- Youkilis, H. & Bootzin, R.R. (1981). A psychophysiological perspective on the etiology and treatment of insomnia. In S.M. Haynes and L.A. Gannon (Eds.), Psychosomatic disorders: A psychophysiological approach to etiology and treatment (pp 179-221). New York: Praeger Press.

- Shadish, W.R., Bootzin, R.R., Koller, D., & Brownell, L. (1981). Psychometric instability of measures in novel settings: Use of psychiatric rating scales in nursing homes. *Journal of Behavioral Assessment*, 3, 221-232.
- Shadish, W.R., & Bootzin, R.R. (1981). Long-term community care: Mental health policy in the face of reality. *Schizophrenia Bulletin*, 7, 580-585.
- Shadish, W.R., Straw, R.B., McSweeny, A.J., Koller, D.L., & Bootzin, R.R. (1981). Nursing home care for mental health patients: Descriptive data and some propositions. *American Journal of Community Psychology*, 9, 617-633.
- Bootzin, R.R. (1982). A skill deficit approach to loneliness. In K. Blankstein & J. Polivy (Eds.), Self-control and self-modification of emotional behavior. New York: Plenum Press.
- McSweeny, A.J., & Bootzin, R.R. (1982). Assessment of behavioral programs for disturbing youth: Some suggestions and an example. In R. Hawkins, W. Fremouw, & A.J. McSweeny (Eds.), Practical program evaluation in youth treatment. Springfield, IL: Charles Thomas.
- Shadish, W.R., Thomas, S., & Bootzin, R.R. (1982). Criteria for success in deinstitutionalization: Perceptions of nursing homes by different interest groups. *American Journal of Community Psychology*, 10, 553-566.
- Bootzin, R.R., Engle-Friedman, M., & Hazlewood, L. (1983). Sleep disorders and the elderly. In P. Lewinsohn & L. Teri (Eds.), Clinical geropsychology: New directions in assessment and treatment. New York: Pergamon Press.
- Cordray, D.S., & Bootzin, R.R. (1983). Placebo control conditions: Tests of theory or effectiveness? *Behavioral and Brain Sciences*, 6, 286-287.
- Shadish, W.R., & Bootzin, R.R. (1984). The social integration of mental patients in nursing homes. *American Journal of Psychiatry*, 141, 1203-1207.
- Shadish, W.R., Silber, B.G., & Bootzin, R.R. (1984). Mental patients in nursing homes: Their characteristics and treatment. *International Journal of Partial Hospitalization*, 2, 153-163.
- Shadish, W.R., & Bootzin, R.R. (1984). Nursing homes: The new total institution in mental health policy. *International Journal of Partial Hospitalization*, 2, 251-262.
- Bootzin, R.R. (1985). The role of expectancy in behavior change. In L. White, G.E. Schwartz, & B. Tursky, (Eds), Placebo: Theory, research and mechanisms (pp 196-210). New York: Guilford Press.
- Bootzin, R.R. (1985). Affect and cognition in behavior therapy. In S. Reiss & R.R. Bootzin (Eds.), Theoretical issues in behavior therapy. New York: Academic Press.

- Bootzin, R.R. (1985). Insomnia. In M. Hersen & C.G. Last (Eds.), Behavior therapy casebook. New York: Springer Publishing.
- Shadish, W.R., Orwin, R.G., Silber, B.G., & Bootzin, R.R. (1985). The subjective well-being of mental patients in nursing homes. Evaluation and Program Planning, 8, 239-250.
- Bootzin, R.R., & Shadish, W.R. (1986). Assessment and treatment in nursing homes: Implications for research. In M. Harper & B. Lebowitz (Eds.), Mental illness in nursing homes: An agenda for research. Washington, D.C.: U.S. Government Printing Office.
- Cordray, D., Boruch, R., Howard, K., & Bootzin, R. (1986). The teaching of evaluation in psychology: Northwestern's joint program in evaluation and clinical research. In B.G. Davis (Ed.), New directions in teaching of evaluation. San Francisco, CA: Jossey-Bass.
- Hendryx, M., & Bootzin, R.R. (1986). Psychiatric episodes in general hospitals without psychiatric units. Hospital and Community Psychiatry, 37, 1025-1029.
- Bootzin, R.R., & Engle-Friedman, M. (1987). Sleep disturbances. In L. Carstensen & B. Edelstein (Eds.), Handbook of clinical gerontology. New York: Pergamon Press.
- Montgomery, L.M., Shadish, W.R., Orwin, R.G., & Bootzin, R.R. (1987). Psychometric structure of psychiatric rating scales. Journal of Abnormal Psychology, 96, 167-170.
- Bootzin, R.R., & Ruggill, J.S. (1988). Training issues in behavior therapy. Journal of Consulting and Clinical Psychology, 56, 703-709.
- Bootzin, R.R., Shadish, W.R., & McSweeney, A.J. (1989). Longitudinal outcomes of nursing home care for severely mentally ill patients. Journal of Social Issues, 45, 31-48.
- Kaszniak, A.W., Bootzin, R.R., & Kahn, M.W. (1989). The aging population. In A. Beigel (Ed.), Of dreams, deeds and dollars: Achieving better mental health care; Fifty-fifth Arizona Town Hall. Tucson: University of Arizona.
- Bootzin, R.R., Kaemingk, K.L., & Mulvaney, S.A. (1989). AIDS. In A. Beigel (Ed.), Of dreams, deeds and dollars: Achieving better mental health care; Fifty-fifth Arizona Town Hall. Tucson: University of Arizona.
- Bootzin, R.R., & Chambers, M.J., (1990). Childhood sleep disorders. In A.M. Gross & R. S. Drabman (Eds.), Handbook of clinical behavioral pediatrics. New York: Plenum Press.

- Wood, J.M., & Bootzin, R.R. (1990). The prevalence of nightmares and their independence from anxiety. Journal of Abnormal Psychology, 99, 64-68.
- Bamford, C.R., Quan, S., & Bootzin, R. (1990). A current perspective on some commonly referred sleep disorders. Arizona Medicine, 47, 4.
- Kaemingk, K.L., & Bootzin, R.R. (1990). Behavior change strategies for increasing condom use. Evaluation and Program Planning, 13, 47-54.
- Rosa, R.R., Bonnet, M.H., Bootzin, R.R., Eastman, C., Monk, T., Penn, P., Tepas, D.I., Walsh, J.K. (1990). Intervention factors for promoting adjustment to night work and extended workshifts. A. Scott (Ed.), Occupational Medicine: State of the Art Reviews--Shiftwork. Philadelphia: Hanley & Belfus.
- Penn, P.E., & Bootzin, R.R. (1990). Behavioral techniques for enhancing alertness and performance in shift work. Work and Stress, 4, 213-226.
- Bootzin, R.R., Epstein, D., & Wood, J.M. (1991). Stimulus control instruction. In P. Hauri (Ed.), Case studies in insomnia. New York: Plenum Press.
- Engle-Friedman, M., & Bootzin, R.R. (1991). Insomnia as a problem for the elderly. In P.A. Wisocki (Ed.), Handbook of clinical behavior therapy for the elderly client. New York: Plenum Press.
- Wood, J.M., Bootzin, R.R., Rosenhan, D., Nolen-Hoeksema, S., & Jourden, F. (1992). Effects of the 1989 San Francisco earthquake on frequency and content of nightmares. Journal of Abnormal Psychology, 101, 219-224.
- Engle-Friedman, M., Bootzin, R.R., Hazlewood, L., & Tsao, C. (1992). An evaluation of behavioral treatments for insomnia in the older adult. Journal of Clinical Psychology, 48, 77-90.
- Wood, J.M., Bootzin, R.R., Kihlstrom, J.F., & Schacter, D.L. (1992). Implicit and explicit memory for verbal information presented during sleep. Psychological Science, 3, 236-239.
- Bootzin, R.R. & Perlis, M.L. (1992). Nonpharmacological treatments of insomnia. Journal of Clinical Psychiatry, 53, Suppl. 6, 37-41.
- Summarized in: Variety of nonpharmacologic treatments can help in treating insomnia. Insomnia: Proceedings from the roundtable conference--Current Issues in the Treatment of Insomnia. Sandoz Pharmaceuticals, September, 1992.
- Bootzin, R.R., Sechrest, L., Scott, A., & Hannah, M. (1992). Common methodological problems in health services research proposals. EGAD Quarterly, 1, 101-107.

Electronically available (1997-present) on the Department of Veterans Affairs web page for Health Services Research and Development:
<http://205.128.215.70/resdev/fr/frrfp/iir-instruct.htm>

Electronically available (1999-present) on the Department of Veterans Affairs web page for Rehabilitation Research and Development: <http://www.vard.org>

Bootzin, R.R., Manber, R., Perlis, M.L., Salvio, M., & Wyatt, J.K. (1993). Sleep disorders. In P.B. Sutker & H.E. Adams (Eds.), Comprehensive Handbook of Psychopathology, 2nd Edition. New York: Plenum Press.

Sloan, E.P., Hauri, P., Bootzin, R., Morin, C., Stevenson, M., & Shapiro, C.M. (1993). The nuts and bolts of behavioral therapy for insomnia. Journal of Psychosomatic Research, 37, Suppl. 1, 19-37.

Grencavage, L., Bootzin, R.R., & Shoham Salomon, V. (1993). Specific and nonspecific effects in psychological treatments. In C.G. Costello (Ed.), Basic issues in psychopathology. New York: Guilford Press.

Wood, J.M., Bootzin, R.R., Quan, S.F., & Klink, M.E. (1993). Prevalence of nightmares among patients with asthma and chronic obstructive airways disease. Dreaming, 4, 231-241.

Sechrest, L., Kihlstrom, J.F., & Bootzin, R.R. (1993). Developing multiple-choice tests for psychology courses. APS Observer, 6(1), pgs. 10, 11, 22, 23.

Reprinted in: B. Perlman, L.I., McCann, & S.H. McFadden (Eds) (1999). Lessons learned: Practical advice for the teaching of psychology (pp. 49-56). Washington D.C.: American Psychological Society.

Wyatt, J.K. & Bootzin, R.R. (1994). Cognitive processing and sleep: Implications for enhancing job performance. Human Performance, 7, 119-139.

Wyatt, J.K., Bootzin, R.R., Anthony, J., & Bazant, S. (1994). Sleep onset is associated with retrograde and anterograde amnesia. Sleep, 17, 502-511.

Bootzin, R.R., Quan, S.F., Bamford, C.R., & Wyatt, J.K. (1995). Sleep disorders. Comprehensive Therapy, 21, 401-406.

Bootzin, R.R., Epstein, D., Engle-Friedman, M., & Salvio, M. (1996) Sleep disturbances. In L. Carstensen, B. Edelstein, & L. Dornband (Eds.), The practical handbook of clinical gerontology (pp 398-420). Thousand Oaks, CA: Sage Publications.

Bell, I.R., Wyatt, J.K., Bootzin, R.R., & Schwartz, G.E. (1996). Slowed reaction time performance on a divided attention task in elderly with environmental chemical odor intolerance. International Journal of Neuroscience, 84, 127-134.

- Bell, I.R., Bootzin, R.R., Ritenbaugh, C., Wyatt, J.K., DeGiovanni, G., Kulinovich, T., Anthony, J.L., Kuo, T.F., Rider, S.P., Peterson, J.M., Schwartz, G.E., & Johnson, K.A. (1996). A polysomnographic study of sleep disturbance in community elderly with self-reported environmental chemical odor intolerance. *Biological Psychiatry*, *40*, 123-133.
- Bell, I.R., Bootzin, R.R., Davis, T.P., Hau, V., Ritenbaugh, C., Johnson, K.A., & Schwartz, G.E. (1996). Time-dependent sensitization of plasma beta-endorphin in community elderly with self-reported environmental chemical odor intolerance. *Biological Psychiatry*, *40*, 134-143.
- Manber, R., Bootzin, R.R., Acebo, C., & Carskadon, M.A. (1996). The effects of regularizing sleep-wake schedules on daytime sleepiness. *Sleep*, *19*, 432-441.
- Bootzin, R.R. (1996). Schlafstörungen. In J. Margraf (Ed.), *Lehrbuch der verhaltenstherapie*, Vol. 2 (pp 147-162). Berlin: Springer-Verlag (published in German).
- Sechrest, L.B., & Bootzin, R.R. (1996). Psychology and inferences about public policy. *Psychology, Public Policy, and Law*, *2*, 377-392.
- Bell, I.R., Schwartz, G.E., Bootzin, R., Hau, V., & Davis, T.P. (1997). Elevation of plasma beta-endorphin levels of shy elderly in response to novel laboratory experiences. *Behavioral Medicine*, *22*, 168-173.
- Bell, I.R., Schwartz, G.E., Bootzin, R.R., & Wyatt, J.K. (1997). Time-dependent sensitization of heart rate and blood pressure over multiple laboratory sessions in elderly individuals with chemical odor intolerance. *Archives of Environmental Health*, *52*, 6-17.
- Bootzin, R.R. (1997). Examining the theory and clinical utility of writing about emotional experiences. *Psychological Science*, *8*, 167-169.
- Bootzin, R.R., & Rider, S.P. (1997). Behavioral techniques and biofeedback for insomnia. In M.R. Pressman & W.C. Orr (Eds.). *Understanding sleep: The evaluation and treatment of sleep disorders*, (pp 315-338). Washington, D.C.: American Psychological Association.
- Dorsey, C.M., & Bootzin, R.R. (1997). Subjective and psychophysiologic insomnia: An examination of sleep tendency and personality. *Biological Psychiatry*, *41*, 209-216.
- Manber R., & Bootzin, R.R. (1997). Sleep and the menstrual cycle. *Health Psychology*, *16*, 209-214.
- Perlis, M.L., Giles, D.E., Bootzin, R.R., Dikman, Z.V., Fleming, G.M., Drummond, S.P.A., & Rose, M.W. (1997). Alpha sleep and information processing, perception of sleep,

- pain and arousability in fibromyalgia. *International Journal of Neuroscience*, *89*, 265-280.
- Perlis, M.L., Giles, D.E., Mendelson, W.B., Bootzin, R.R., & Wyatt, J.K. (1997). Psychophysiological insomnia: The behavioral model and a neurocognitive perspective. *Journal of Sleep Research*, *6*, 179-188.
- Wyatt, J.K., Bootzin, R.R., Allen, J.J.B., & Anthony, J.L. (1997). Mesograde amnesia during the sleep onset transition: Replication and electrophysiological correlates. *Sleep*, *20*, 512-522.
- Bootzin, R.R., & McKnight, K.M. (1998). The role of biased information processing in depression: Evaluation and implications for treatment. *Behavior Therapy*, *29*, 619-630.
- Manber, R., Bootzin, R.R., & Loewy, D. (1998). Sleep disorders. In M. Hersen & A. Bellack (Eds.), *Comprehensive Clinical Psychology*, (Vol. 7, M. Johnston & D. Johnston, Eds., *Health Psychology*, pps 505-527). New York: Elsevier Science.
- Onken, L.S., & Bootzin, R.R. (1998). Behavioral therapy development and psychological science: If a tree falls in the forest and no one hears it... *Behavior Therapy*, *29*, 539-543.
- Bell, I.R., Bootzin, R.R., Schwartz, G.E.R., Baldwin, C.M., & Ballesteros, F. (1999). Differing patterns of cognitive dysfunction and heart rate reactivity in chemically-intolerant individuals with and without lifestyle changes. *Journal of Chronic Fatigue Syndrome*, *5*, 3-25.
- Bell, I.R., Szarek, M.J., Dicenso, D.R., Baldwin, C.M., Schwartz, G.E., & Bootzin, R.R. (1999). Patterns of waking EEG spectral power in chemically intolerant individuals during repeated chemical exposures. *International Journal of Neuroscience*, *97*, 41-59.
- Morin, C.M., Hauri, P.J., Espie, C.A., Spielman, A.J., Buysee, D.J., & Bootzin, R.R. (1999). Nonpharmacologic treatment of chronic insomnia: An American Academy of Sleep Medicine Review. *Sleep*, *22*, 1134-1156.
- Bootzin, R.R. (2000). Cognitive-behavioral treatment of insomnia: Knitting up the ravell'd sleeve of care. In D.T. Kenny, J.G. Carlson, F.J. McGuigan, & J.L. Sheppard (Eds.). *Stress and Health: Research and Clinical Applications* (pp. 295-321). Switzerland: Gordon and Breach/Harwood Academic Publishers.
- Bootzin, R.R. (2000). Schlafstörungen. In J. Margraf (Ed.), *Lehrbuch der verhaltenstherapie*, 2nd Ed., Vol. 2 (pp 149-164). Berlin: Springer-Verlag (published in German).

- Bootzin, R.R., & Epstein, D.R. (2000). Stimulus control instructions. In K.L. Lichstein & C.M. Morin (Eds.), Treatment of late-life insomnia (pp 167-184). Thousand Oaks, CA: Sage.
- Bootzin, R.R., Manber, R., Loewy, D.H., Kuo, T.F., & Franzen, P.L. (2001). Sleep disorders. In H.E. Adams & P.B. Sutker (Eds.), Comprehensive handbook of psychopathology, 3rd Ed. (pp 671-711). New York: Plenum Press.
- Reyna, V.F., Brainerd, C.J., Effken, J., Bootzin, R., & Lloyd, F. (2001). The psychology of human-computer mismatches. In C. Wolfe (Ed.), Teaching and learning on the world wide web. San Diego: CA: Academic Press.
- Shapiro, S.L., Lopez, A.M., Schwartz, G.E., Bootzin, R., Figueredo, A.J., Braden, C.J., & Kurker, S.F. (2001). Quality of life and breast cancer: Relationship to psychosocial variables. Journal of Clinical Psychology, 57, 501-519.
- Bootzin, R.R., & Caspi, O. (2002). Explanatory mechanisms for placebo effects: Cognition, personality, and social learning. In H.A. Guess, A. Kleinman, J.W. Kusek, & L. Engel (Eds.), The science of the placebo (pp 108-132). London: BMJ Books.
- Caspi, O., & Bootzin, R.R. (2002). Evaluating How Placebos Produce Change: Logical and Causal Traps and Understanding Cognitive Explanatory Mechanisms. Evaluation and the Health Professions, 25, 436-464.
- Epstein, D., & Bootzin, R.R. (2002). Insomnia. Nursing Clinics of North America, 37, 611-631.
- Mercer, J.D., Bootzin, R.R., & Lack, L.C. (2002). Insomniacs' perception of wake instead of sleep. Sleep, 25, 564-571.
- Shapiro, S.L., Figueredo, A.J., Caspi, O., Schwartz, G.E., Bootzin, R.R., Lopez, A.M., & Lake, D. (2002). Going quasi: The premature disclosure effect in a randomized clinical trial. Journal of Behavioral Medicine, 25, 605-621.
- Bootzin, R.R. (2003). Studying the context in which treatments are delivered: Observations on "Open Versus Hidden Medical Treatment". Prevention and Treatment, 6 URL: <http://journals.apa.org/prevention/volume6/pre0060003c.html>
- Bootzin, R.R. (2003). Clinical psychologists in academia. In J.M. Darley, M.P. Zanna, H.L. Roediger, III (Eds.), The compleat academic (pp 329-344). Washington, D.C.: American Psychological Association.
- Lack, L., & Bootzin, R.R. (2003). Phase disorders: Diagnostic issues, behavioral treatment, future directions. In M. Perlis & K. Lichstein (Eds.), Handbook of sleep disorders: Principles and practice of behavioral sleep medicine (pp 305-343). New York: John Wiley & Sons.

- Shapiro, S.L., Bootzin, R.R., Figueredo, A.J., Lopez, A.M., & Schwartz, G.E. (2003). The efficacy of mindfulness-based stress reduction in the treatment of sleep disturbance in women with breast cancer: An exploratory study. *Journal of Psychosomatic Research*, **54**, 85-91.
- Britton, W.B., & Bootzin, R.R. (2004). Near death experience and the temporal lobe. *Psychological Science*, **15**, 254-258.
- Walsleben, J.A., Kapur, V.K., Newman, A., Shahar, E., Bootzin, R.R., Rosenberg, C.E., O'Connor, G., & Nieto, F.J. (2004). Sleep and reported daytime sleepiness in normal subjects: The Sleep Heart Health Study. *Sleep*, **27**, 293-298.
- Edinger, J.D., Bonnet, M.H., Bootzin, R.R., Doghramji, K., Dorsey, C.M., Espie, C.A., Jamieson, A.O., McCall, W.V., Morin, C.M., & Stepanski, E.J. (2004). Derivation of Research Diagnostic Criteria for Insomnia: Report of an American Academy of Sleep Medicine Work Group. *Sleep*, **27**, 1567-96.
- Baldwin, C.M., Bootzin, R.R., & Quan, S.F. (2005). Antioxidant nutrient intake and supplements as potential moderators of cognitive decline and cardiovascular disease in obstructive sleep apnea. *Sleep Medicine Reviews*, **9**, 459-476.
- Bootzin, R.R. (2005). Stimulus control instructions for the treatment of insomnia. In G.P. Koocher, J.C. Norcross, & S.S. Hill, III (Eds.), *Psychologists' Desk Reference*, 2nd Ed. (pp 325-327). Oxford, UK: Oxford University Press.
- Bootzin, R.R. (2005). Is bright light exposure an effective therapy for insomnia? [Editorial] Commentary on Lack, et al. The treatment of early-morning awakening insomnia with 2 evenings of bright light. *Sleep*, **28**, 540-541.
- Bootzin, R.R., & Bailey, E.T. (2005). Understanding placebo, nocebo, and iatrogenic treatment effects. *Journal of Clinical Psychology*, **61**, 871-880.
- Bootzin, R.R. & Stevens, S.J. (2005). Adolescents, substance abuse, and the treatment of insomnia and daytime sleepiness. *Clinical Psychology Review*, **25**, 629-644.
- Payne, J.D., Britton, W.B., Bootzin, R.R., & Nadel, L. (2005). Beyond acetylcholine: Next steps for sleep and memory research. *Behavioral and Brain Sciences*, **28**, 77.
- Buysse, D.J., Ancoli-Israel, S., Edinger, J.D., Lichstein, K.L., & Morin, C.M. (other contributors: Bastien, C., Benca, R., Bonnet, M., Bootzin, R., Drake, C., Crystal, A., Morgan, K., Perlis, M., Riemann, D., Roth, T., Espie, C., Friedman, L., Hayak, G., Harvey, A., Hauri, P., Spielman, A., Stepanski, E., Vgontzas, A., Walsh, J., Wohlgemuth, W.) (2006). Recommendations for a standard research assessment for insomnia. *Sleep*, **29**, 1155-1173.

- Fregosi, R.F., Quan, S.F., Morgan, W.L., Goodwin, J.L., Cabrera, R., Sharif, I., Fridel, K.W., & Bootzin, R.R. (2006). Pharyngeal critical pressure in children with mild sleep-disordered breathing. *Journal of Applied Physiology*, **101**, 734-739.
- Gomez, R.L., Bootzin, R.R., & Nadel, L. (2006). Naps promote abstraction in language learning infants. *Psychological Science*, **17**, 670-674.
- Haynes, P.L., Bootzin, R.R., Smith, L., Cousins, J., Cameron, M., & Stevens, S. (2006). Sleep and aggression in substance abusing adolescents: Results from an integrative, behavioral sleep treatment pilot program. *Sleep*, **29**, 512-520.
- Morin C.M., Bootzin, R.R., Buysse, D.J., Edinger, J.D., Espie, C., & Lichstein, K.L. (2006). Psychological and behavioral treatment of insomnia: Update of the recent evidence (1998-2004). *Sleep*, **29**, 1398-1414.
- Quan, S.F., Wright, R., Baldwin, C. M., Kaemingk, K.L., Goodwin, J.L., Kuo, T.F., Kaszniak, A., Borland, L.L., Caccappolo, E. & Bootzin, R.R. (2006). Obstructive sleep apnea-hypopnea and neurocognitive functioning in the Sleep Heart Health Study. *Sleep Medicine*, **7**, 498-507.
- Wright, H., Lack, L., & Bootzin, R. (2006). Relationship between Dim Light Melatonin Onset and the timing of sleep in sleep onset insomniacs. *Sleep and Biological Rhythms*, **4**, 78-81.
- Bootzin, R.R. (2007). Psychological clinical science: Why and how we got to where we are. In T.A. Treat, R.R. Bootzin, & T.B. Baker (Eds.), *Advances in Psychological Clinical Science: Integrative Perspectives in Honor of Richard M. McFall* (pp 3-28). New York: Lawrence Erlbaum and Associates.
- Cousins, J.C., Bootzin, R.R., Stevens, S.J., Ruiz, B.S., & Haynes, P.L. (2007). Parental involvement, psychological distress, and sleep: A preliminary examination in sleep-disturbed adolescents with a history of substance abuse. *Journal of Family Psychology*, **21**, 104-113.
- Silva, G.E., Goodwin, J.L., Sherrill, D.L., Arnold, J.L., Baldwin, C.M., Bootzin, R.R., Smith, T., Walsleben, J.A., & Quan, S.F. (2007). Relationship between reported and measured sleep times: The Sleep Heart Health Study (SHHS). *Journal of Clinical Sleep Medicine*, **3**, 622-630.
- Stevens, S.J., Haynes, P.L., Ruiz, B.S., & Bootzin, R.R. (2007). Effects of a behavioral sleep medicine intervention on trauma symptoms in adolescents recently treated for substance abuse. *Substance Abuse*, **28**, 21-31.
- Hasler, B.P., Bootzin, R.R., Cousins, J.C., Fridel, K., & Wenk, G.L. (2008). Circadian phase in sleep-disturbed adolescents with a history of substance abuse: A pilot study. *Behavioral Sleep Medicine*, **6**, 55-73.

- Hasler, B.P., Mehl, M.R., Bootzin, R.R., & Vasire, S. (2008). Preliminary evidence of diurnal rhythms in everyday behaviors associated with positive affect. *Journal of Research in Personality*, **42**, 1537–1546.
- Hupbach, A., Gomez, R.L., Bootzin, R.R., & Nadel, L. (2009). Nap dependent learning in infants. *Developmental Science*.
- Lack, L.C., Wright, H.R., & Bootzin, R.R. (in press). Delayed Sleep Phase Disorder. *Sleep Medicine*.
- Shahar, B., Britton, W.B., Sbarra, D.A., Figueredo, A.J. & **Bootzin, R.R.** (in press). Mechanisms of Change in Mindfulness-Based Cognitive Therapy for Depression: Preliminary Evidence from a Randomized Controlled Trial. *International Journal of Cognitive Therapy*.

Book Reviews, Tapes, and other Publications

- Bootzin, R.R. (1974). Book review of *Children of the Creche* by Wayne Dennis. *American Journal of Psychology*, **87**, 327-328.
- Bootzin, R.R. (1976). Book review of *Race differences in intelligence*, by J. Loehlin, G. Linszey, and J. Spuhler. *American Journal of Psychology*, **89**, 325-327.
- Bootzin, R.R. (1976, 1979). Behavioral treatment of insomnia: A clinician's guide. New York: Biomonitoring Application. (tape cassette)
- Bootzin, R.R. (1976, 1979). Self-help techniques for controlling insomnia. New York: Biomonitoring Applications, 1976; 1979 (tape cassette)
- Bootzin, R.R. (1981). Insomnia. *Arts & Sciences*, 1981, Northwestern University Spring Issue, 2-6.
- Bootzin, R.R. (1984). An author's perspective: *Psychology today: An introduction*, 5th Edition. *Teaching in Psychology*, **11**, 121-122
- Bootzin, R.R. (1993). Stimulus control for insomnia. In M. Carskadon (Ed.), *Encyclopedia of sleep and dreaming*. New York: Macmillan Publishing, pp. 597-598.
- Bootzin, R.R. & Kihlstrom, J.F. (1993). Cognition. In M. Carskadon (Ed.), *Encyclopedia of sleep and dreaming*. New York: Macmillan Publishing, pp. 125-126.
- McCloskey, L., & Bootzin, R.R. (1993). Book review of *Theories of child abuse and neglect* by O.C.S. Tzeng, J.W. Jackson, and H.C. Karlson. *Child and Family Behavior Therapy*, **15**, 73-77.

- Bootzin, R.R. (1998). Personalizing behavior therapy: Retrospective review of A.A. Lazarus, *Behavior Therapy and Beyond. Contemporary Psychology*, **43**, 818-819.
- Bootzin, R.R. (2000). Insomnia. In A.E. Kazdin (Ed.), *Encyclopedia of psychology*, Vol.4 (pp 304-306). Washington, D.C.: American Psychological Association and Oxford University Press.
- Bootzin, R.R., & Manber, R. (2001). Book review of *Cognitive therapy for personality disorders: A schema-focused approach*, 3rd Ed. by J.E. Young. *Child & Family Behavior Therapy*, **23**, 60-62.
- Bootzin, R.R., & Spielman, A.J. (2005). Foreword. In M.L. Perlis, C.R. Jungquist, M.T. Smith, & D. Posner, *The cognitive behavioral treatment of insomnia: A treatment manual*. New York: Springer Publishing.
- Breslin, J.H., & Bootzin, R.R. (2005). Sleep. Invited article in *Arizona Wildcat Health and Wellness Special Issue*, p. 6. Campus Health Service, University of Arizona.

Bootzin, R.R. (2006). The portable therapist: Review of P. Glovinsky and A. Spielman, *The Insomnia Answer. Sleep*, **29**, 1225-1226.

Bootzin, R.R., & McKnight, P.E. (2006). Introduction. In R.R. Bootzin & P.E. McKnight (Eds.), *Strengthening Research Methodology: Psychological Measurement and Evaluation* (pp 3-8). Washington, D.C.: APA Books.

Research Abstracts

Bootzin, R.R. (1969). Induced and stated expectancy in experimenter bias. American Psychological Association Proceedings, 365-366.

Bootzin, R.R. (1970). A cue utilization paradigm for studying experimenter bias. American Psychological Association Proceedings, 419-420.

Engle-Friedman, M. & Bootzin, R.R. (1981). The effect of mood on sleep of insomniacs and normal sleepers. Sleep Research, **10**, 193.

Bootzin, R.R. (1985). Evaluation of stimulus control instructions, progressive relaxation, and sleep hygiene as treatments for insomnia. In W.P. Koella, E. Ruther, & H. Schulz (Eds.), Sleep-84. Stuttgart: Gustav Fischer Verlag.

Engle-Friedman, M., Baker, E.A., & Bootzin, R.R. (1985). Reports of wakefulness during EEG identified stages of sleep. Sleep Research, **14**, 152.

Sanchez, R., & Bootzin, R.R. (1985). A comparison of white noise and music: Effects of predictable and unpredictable sounds on sleep. Sleep Research, **14**, 121.

- Engle-Friedman, M., & Bootzin, R.R. (1986). An evaluation of behavioral treatments for insomnia in the older adult. *Sleep Research*, *15*, 119.
- Lebedun, A., & Bootzin, R.R. (1986). Differential effects of sleep deprivation on the recovery sleep of insomniacs and good sleepers. *Sleep Research*, *15*, 142.
- Bootzin, R.R. (1986). Nonpharmacological treatments of insomnia. *Proceedings, IVth world congress of biological psychiatry*. Philadelphia.
- Dorsey, C., & Bootzin, R.R. (1987). Subjective and psychophysiological insomnia: Multiple sleep latency test, sleep tendency, and personality. *Sleep Research*, *16*, 328.
- Dorsey, C., Bootzin, R.R., & Rosenberg, R.S. (1988). Perception of depth of sleep in insomnia. *Sleep Research*, *17*, 169.
- Wood, J.M., Bootzin, R.R., Kihlstrom, J.F., & Schacter, D.L. (1989). Implicit memory for verbal stimuli presented during sleep. *Sleep Research*, *18*, 158.
- Wood, J.M., & Bootzin, R.R. (1989). Nightmares: Their prevalence and relation to personality. *Sleep Research*, *18*, 324.
- Wood, J.M., Bootzin, R.R., Klink, M., & Quan, S.F. (1989). Nightmare prevalence among patients with obstructive airways disease: A preliminary report. *Sleep Research*, *18*, 364.
- Perlis, M.L., Carmody, T.E., & Bootzin, R.R. (1990). Facial muscle activity during NREM sleep. *Sleep Research*, *19*, 139.
- Perlis, M.L., Wright, K.P., & Bootzin, R.R. (1990). Sustained Facial muscle activity during REM sleep. *Sleep Research*, *19*, 141.
- Perlis, M.L., Warbasse, C.P., & Bootzin, R.R. (1990). Self-reported dream affect and nightmare frequency. *Sleep Research*, *19*, 140.
- Bootzin, R.R., & Bamford, C.R. (1990). Premenstrual insomnia: A case study. *Sleep Research*, *19*, 196.
- Bootzin, R.R., Dikman, Z., Perlis, M., Manber, R., & Bedford, F.L (1991). The McCollough effect: A measure of Sleepiness. *Sleep Research*, *20*, 35.
- Manber, R., & Bootzin, R.R. (1991). The effects of regular wake-up schedules on daytime sleepiness in college students. *Sleep Research*, *20*, 284.
- Penn, P.E., & Bootzin, R.R. (1991). Psychological assessment of clients with chronic insomnia: Results of the MMPI, BSI, DIS, and PDQ. *Sleep Research*, *20*, 312.

- Penn, P.E., Bootzin, R.R., & Wood, J.M. (1991). Nightmare frequency in sexual abuse survivors. *Sleep Research*, 20, 313.
- Perlis, M.L., Fleming, G.M., Dikman, Z.V., & Bootzin, R.R. (1991). Sustained facial muscle activity during NREM sleep: A replication and extension of previous findings. *Sleep Research*, 20, 146.
- Perlis, M.L., Dikman, Z.V., Fleming, G.M., & Bootzin, R.R. (1991). Stagewise distribution of facial muscle activity during NREM sleep. *Sleep Research*, 20, 47.
- Perlis, M.L., Drummond, S.P.A., Fleming, G.M., & Bootzin, R.R. (1991). The relationship between eye movements and facial muscle activity. *Sleep Research*, 20, 48.
- Wright, K.P., Perlis, M.L., Schwartz, G.E., & Bootzin, R.R. (1991). The inability to completely inhibit facial expression. *Psychophysiology*, 28(3A), S63.
- Bootzin, R.R., Fleming, G., Perlis, M.L., Wyatt, J.K., & Schacter, D. (1991). Short and long-term memory for stimuli presented during sleep. *Sleep Research*, 20A, 258.
- Bootzin, R.R., Dikman, Z., Perlis, M.L., & Rose, M.W. (1992). The McCollough effect and sleep in fibromyalgia patients: A polysomnographic study. *Sleep Research*, 21, 23.
- Salvio, M., & Bootzin, R.R. (1992). Sedative/hypnotic use in elderly nursing home residents. *Sleep Research*, 21, 73.
- Wyatt, J.K., Bootzin, R.R., Anthony, J., & Stevenson, S. (1992). Does sleep onset produce retrograde amnesia? *Sleep Research*, 21, 113.
- Perlis, M.L., Drummond, S.P.A., Fleming, G.M., Livieratos, M., & Bootzin, R. (1992). Alpha activity in response to auditory stimuli in fibromyalgia. *Sleep Research*, 21, 143.
- Perlis, M.L., Livieratos, M., Drummond, S.P.A., Fleming, G.M., & Bootzin, R. (1992). Alpha sleep and its correlation to the subjective symptoms of fibromyalgia. *Sleep Research*, 21, 249.
- Perlis, M.L., Fleming, G.M., Drummond, S.P.A., Rose, M.W., & Bootzin, R. (1992). Alpha sleep and cognitive processing fibromyalgia. *Sleep Research*, 21, 384.
- Penn, P.E., & Bootzin, R.R. (1992). Sleep and other concerns of shift workers: A focus group with emergency "911" operators. *Sleep Research*, 21, 383.
- Bootzin, R.R., Wyatt, J.K., Valdiserri, M., & Ludwig, C. (1993). Assessment of insomnia at home with wrist actigraphy and sleep diaries. *Sleep Research*, 22, 355.

- Manber, R., & Bootzin, R.R. (1993). Sleep and the menstrual cycle. *Sleep Research, 22*, 114.
- Perlis, M.L., DiCenso, D., Skinner, T., Kaszniak, A.W., & Bootzin, R.R. (1993). Daily stress and the occurrence of nightmares and vivid dreams. *Sleep Research, 22*, 120.
- Wyatt, J.K., Bootzin, R.R., Bazant, S., & Anthony, J. (1993). Sleep onset is associated with retrograde and anterograde amnesia. *Sleep Research, 22*, 106.
- Anthony, J., Wyatt, J.K., Bootzin, R.R., Oswald, V., & Allen, J.J. (1994). Retrograde and anterograde amnesia at sleep onset: A conceptual replication. *Sleep Research, 23*, 112.
- Bootzin, R.R., Shoham, V., & Kuo, T.F. (1994). Sleep Anticipatory Anxiety Questionnaire: A measure of anxiety about sleep. *Sleep Research, 23*, 188.
- Kuo, T.F., Racioppo, M., Bootzin, R.R., & Shoham, V. (1994). Construct validity of the Sleep Anticipatory Anxiety Questionnaire (SAAQ). *Sleep Research, 23*, 202.
- Ludwig, C., Valdiserri, M., Baldwin, D., Rider, S., Wyatt, J.K., & Bootzin, R.R. (1994). Individual correlates of the extent of agreement between wrist actigraphy and sleep diaries for insomniacs. *Sleep Research, 23*, 451.
- Manber, R. & Bootzin, R.R. (1994). The effects of schedule manipulation on daytime sleepiness. *Sleep Research, 23*, 134.
- Wyatt, J.K., Bootzin, R.R., Anthony, J., & Allen, J.J. (1994). Evaluation of memory consolidation at sleep onset: Spectral analysis and sleep staging. *Sleep Research, 23*, 152.
- Bootzin, R.R., Bell, I.R., Halbisch, R., Kuo, T.F., Wyatt, J.K., Rider, S.P., & Manber, R. (1995). Night-to-night variability in measures of sleep and sleep disorders: A six night psg study. *Sleep Research, 24*, 121.
- Kuo, T.F., Bootzin, R.R., Bell, I.R., Wyatt, J.K., Rider, S.P., & Anthony, J.L. (1995). Normative sleep characteristics in the elderly: A six-night psg study. *Sleep Research, 24*, 125.
- Manber, R., Pardee, R.E., Bootzin, R.R., Kuo, T., Rider, A.M., Rider, S.P., & Bergstrom (1995). Changing sleep patterns in adolescence. *Sleep Research, 24*, 106.
- Manber, R., Pardee, R.E., Bootzin, R.R., Kuo, T., Rider, A.M., Rider, S.P., & Bergstrom (1995). The relationship between sleepiness and sleep patterns in three cohorts of students. *Sleep Research, 24*, 105.
- Rider, S.P., Bootzin, R.R., & Leffingwell, T.R. (1995). Sleep, mood, and performance in intercollegiate swimmers. *Sleep Research, 24*, 111.

- Wyatt, J.K., Allen, J.J., Bootzin, R.R., & Anthony, J.L. (1995). Event-related potential correlates of sleep onset mesograde amnesia. *Sleep Research*, *24*, 116.
- Wyatt, J.K., Bootzin, R.R., Bell, I.R., Kuo, T.F., Anthony, J.L., & Rider, S.P. (1995). First night effects across multiple 2-night recordings in older adults. *Sleep Research*, *24*, 503.
- Shoham, V., Bootzin, R.R., Rohrbaugh, M., & Urry, H. (1995). Paradoxical versus relaxation treatment for insomnia: The moderating role of reactance. *Sleep Research*, *24a*, 365.
- Manber, R., Schley, S., Keil, S., Pardee, R., Rider, S., Marion, S., Shadheed, C., Kuo, T., & Bootzin, R. (1995). Progesterone and sleep: A pilot study. *Sleep Research*, *24a*, 232.
- Wyatt, J.K., Bootzin, R.R., Allen, J.J., & Anthony, J.L. (1995). Mesograde amnesia during the sleep onset transition: Results and implications. *Psychophysiology*, *32* (Supplement 1), s12.
- Kuo, T.F., Bootzin, R.R., & Wyatt, J.K. (1996). Sleep characteristics in depressed women and age-matched controls: More similar than different. *Sleep Research*, *25*, 166.
- Szarek, M.J., DiCenso, D.R., Bootzin, R.R., & Bell, I.R. (1997). The mood-regulatory function of sleep: Night to morning changes in positive and negative affect. *Sleep Research*, *26*, 303.
- Bootzin, R.R., Bell, I.R., DiCenso, D.R., Szarek, M.J., Kuo, T.F., Loewy, D., Baldwin, C.M., Schwartz, G.E., Goldenson, M., Clayton, B., & Banks, O. (1997). Objective sleep disturbance in chemically-intolerant individuals with associated lifestyle changes. *Sleep Research*, *26*, 543.
- Kuo, T.F., Bootzin, R.R., Loewy, D.H., Bell, I.R., Szarek, M., DiCenso, D., Colliat, K., Beltran, J., & Gooding, L. (1997). A comparison of self-reported and polysomnographic measures of sleep in chemically-intolerant individuals. *Sleep Research*, *26*, 562.
- Loewy, D.H., Bootzin, R.R., Bell, I.R., Szarek, M., Breen, B., DiCenso, D., Kuo, T.F., Smith, R.J., Wehnert, D., Bertch, K., & Massey, J. (1997). Spectral analysis of sleep EEG in chemically-intolerant individuals. *Sleep Research*, *26*, 566.
- Manber, R., Bootzin, R., & Bradley, K. (1997). Menstrual cycle effects on sleep of females insomniacs. *Sleep Research*, *26*, 248.
- Hubbard, T.L., Reiman, E.M., Bootzin, R.R., Bandy, D., Yun, L.S., & Munzlinger (1998). Brain regions preferentially affected during different stages of sleep and wakefulness: A PET study. *Consciousness Research Abstracts, Journal of Consciousness Studies*, 94.

- Loewy, D.H., & Bootzin, R.R. (1998). Event-related potential measures of information processing in insomniacs at bedtime and during sleep. Consciousness Research Abstracts, Journal of Consciousness Studies, 113.
- Wyatt, J.K., Bootzin, R.R., Allen, J.J.B., Anthony, J.L., Jewett, M.E., Dijk, D-J. (1998). Neurobehavioral functioning during the transitions from wake to sleep and sleep to wake. Consciousness Research Abstracts, Journal of Consciousness Studies, 113.
- Bender, A., Loewy, D.H., & Bootzin, R.R. (1998). Perceived sleep quality and feelings of restedness: Difference between insomniacs and normal sleepers based on stage of awakening. Sleep, 21s, 132.
- Bootzin, R.R., Hubbard, T.L., Reiman, E.M., Bandy, D., Yun, L.S., & Munzlinger, T. (1998). Brain regions preferentially affected during different stages of sleep and wakefulness: A PET study. Sleep, 21s, 272.
- Franzen, P.L., Loewy, D.H., Jenkins, J., & Bootzin, R.R. (1998). Cyclic alternating pattern sequences (CAPS) in stage 2 during periodic auditory stimulation: A comparison of insomniacs and controls. Sleep, 21s, 134.
- Kuo, T.F., Duke, L.M., Bootzin, R.R., Allen, J.J., & Wyatt, J.K. (1998). Waking EEG asymmetry and sleep markers of depression. Sleep, 21s, 190.
- Loewy, D.H. & Bootzin, R.R. (1998). Event-related potential measures of information processing in insomniacs at bedtime and during sleep. Sleep, 21s, 98.
- Parenteau, D.A., Miller, D.C., Loewy, D.H., Bootzin, R.R. (1998). A comparison of post-sleep subjective and objective measures of sleep depth in insomniacs and normal controls. Sleep, 21s, 133.
- Al-Shajlawi, A., Loewy, D.H., & Bootzin, R.R. (1999). Event-related potentials before and during sleep and their relation to psychosomnographic and subjective measures of sleep in insomniacs and controls. Sleep, 22s, s208-s209.
- Bootzin, R.R., Lack, L., & Wright, H. (1999). Efficacy of bright light and stimulus control instructions for sleep onset insomnia. Sleep, 22s, s153-s154.
- Burdick, R.S., Loewy, D.H., & Bootzin, R.R. (1999). Event-related potential correlates of sleep anticipatory anxiety in insomniacs and controls. Sleep, 22s, s208.
- Loewy, D.H., Burdick, R.S., Al-Shajlawi, A., Franzen, P.I., & Bootzin, R.R. (1999). Enhanced information processing at the peri-sleep onset period in insomniacs as measured by event-related potentials. Sleep, 22s, s152-s153.
- Franzen, P.L., Bootzin, R.R., Lack, L., & Wright, H. (1999). Interrelationships between sleep diaries, actigraphy, and polysomnography in measuring improvement in sleep continuity. Sleep Research Online, 2(suppl. 1), 356.

- Rubin, S.R., Bootzin, R.R., Franzen, P.L., & Al-Shajlawi, A. (1999). Memory performance after normal sleep or selective sleep fragmentation. *Sleep Research Online*, 2(supp. 1), 241.
- Franzen, P.L., Bootzin, R.R., Lack, L., & Stevens, D. (2000). The impact of nonpharmacological interventions for insomnia on cyclic alternating pattern sequences (CAPS). *Sleep*, 23s, A320-A321.
- Kuo, T.F., Bootzin, R.R., Quan, S.F., Hiley, A., Caccappolo, E., Walsleben, J.A., Kaszniak, A.W., & Reminger, S.L. (2000). Sleep-disordered breathing and neuropsychological functioning: A study in non-patient adults aged 45-75. *Sleep*, 23s, A58-A59.
- Britton, W.B., Martinez, K., Fridel, K., Bailey, E., & Bootzin, R. (2002). Unusual REM pattern in near-death trauma survivors. *Sleep*, 25, A386.
- Bailey, E.T., Bootzin, R.R., Miles, D., Dunn, C., Bonorand, J., McCord, J., Dumouchel, B., Cousins, J., & Franzen, P. (2003). Sound discrimination during sleep. *Sleep*, 26, A444.
- Bootzin, R.R., Stevens, S.J., Shapiro, S.L., Hitt, S., Bailey, E.T., Britton, W.B., Cousins, J.C., Fridel, K.W., & Estrada, B. (2003). Treating sleep problems of adolescents with a history of substance abuse. *Sleep*, 26, A148.
- Britton, W.B., Shapiro, S.L., Penn, P.E., & Bootzin, R.R. (2003). Treating insomnia with mindfulness-based stress reduction. *Sleep*, 26, A309.
- Cousins, J.C., Hasler, B., Payne, J.D., Fridel, K.W., Bootzin, R.R., Estrada, B., Cameron, M., Vidad, R., & Stevens, S.J. (2003). Drug history and psychological distress affects sleep and daytime sleepiness in adolescents. *Sleep*, 26, A144.
- Fridel, K.W., Cousins, J.C., & Bootzin, R.R. (2003). Sleep diary and actigraphy assessment in adolescents recovering from substance abuse. *Sleep*, 26, A406.
- Rosen C.L., Rosenberg, C.E., Kirchner, H.L., Bootzin, R., Gottlieb, D.J., Krieger, A.C. (2003). Alpha Intrusion: Prevalence and Association with Sleep Complaints in the Sleep Heart Health Study (SHHS). *Sleep*, 26, A72.
- Franzen, P.L., Colrain, I., Woodward, S.H., & Bootzin, R.R. (2004). Cortical and cardiac reactivity to auditory stimuli during stage 2 sleep in PTSD. *Sleep*, 27, A344.
- Fridel, K.W., Cousins, J.C., McKnight, P.E., & Bootzin, R.R. (2004). A multi-trait-multimethod analysis of sleep lag and actigraphy assessment in adolescents recovering from substance abuse. *Sleep*, 27, A371-A372.

- Bailey, E.T., Bootzin, R.R., Holman, E., & Silver, R. (2005). Sleep disturbances in a nationally representative sample 2 months and 6 months following the terrorist attack of September 11, 2001. *Sleep*, **28**, A314.
- Britton, W., Fridel, K.W., Payne, J.D., & Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: A PSG study. *Sleep*, **28**, A315.
- Cousins, J.C., Bootzin, R.R., Reminger, S.L., Haynes, P.L., Flaten, S., & Holderman, D. (2005). Treatment outcomes and sex differences for insomnia. *Sleep*, **28**, A252.
- Hasler, B.P., Cousins, J.C., Fridel, K.W., Wenk, G., & Bootzin, R.R. (2005). Effect of sleep treatment on circadian rhythms in adolescents with a history of substance abuse. *Sleep*, **28**, A64.
- Hasler, B.P., Sbarra, D.A., & Bootzin, R.R. (2005). Diurnal variation of mood and the magnitude of response to the sleep deprivation for depression. *Sleep*, **28**, A312.
- Mercer, J., Lack, L., & Bootzin, R. (2005). Feedback of sleep/wake state improves subjective and objective sleep of insomniacs. *Sleep*, **28**, A242-A243.
- Bootzin, R.R., Stevens, S.J., Shapiro, S.L., Cousin, J.C., Fridel, K.W., Hasler, B.P., Bailey, E.T., Britton, W.B., Hitt, S., Cameron, M., & Estrada, B. (2005). Treating insomnia and daytime sleepiness in adolescents with a drug abuse history. *Sleep and Biological Rhythms*, **3**, A4.
- Britton, W.B., Fridel, K.W., Payne, J., & Bootzin, R.R. (2005). Improvement in sleep and depression following mindfulness meditation: A PSG study. *Sleep and Biological Rhythms*, **3**, A4.
- Mercer, J.D., Bootzin, R.R., & Lack, L.C. (2005). Improving insomniacs' sleep misperception and sleep through polysomnographically derived feedback. *Sleep and Biological Rhythms*, **3**, A4.
- Wright, H., Lack, L., & Bootzin, R. (2005). Relationship between dim light melatonin onset and sleep timing in sleep onset insomniacs. *Sleep and Biological Rhythms*, **3**, A57.
- Bailey, E.T., Bootzin, R.R., Holman, A., & Silver, R.C. (2006). Sleep disturbance following a stressor predicts later posttraumatic stress symptoms: Evidence from the terrorist attacks of September 11, 2001. *Sleep*, **29**, A328.
- Breslin, J.H., Britton, W.B., Smith, L.J., Bootzin, R.R., & Nadel, L. (2006). Both arousal and slow-wave sleep facilitate sleep-related memory. *Sleep*, **29**, A377.
- Cousins, J.C., Bootzin, R.R., Stevens, S.J., & Cameron, M. (2006). Sleep treatment leads to different outcomes in males and females for psychological distress and drug problems in adolescents with a history of substance abuse. *Sleep*, **29**, A332.

- Fregosi, R.F., Quan, S.F., Goodwin, J.L., Carbrera, R.K., Sharief, I., Fridel, K.W., & Bootzin, R.R. (2006). Pharyngeal collapsibility in children with sleep disordered breathing in the Tucson children's assessment of sleep apnea study (TUCASA). *Sleep*, **29**, A89.
- Hasler, B.P., Mehl, M.R., & Bootzin, R.R. (2006). Circadian rhythms found in the naturalistic behavioral expression of positive but not negative mood. *Sleep*, **29**, A59.
- Haynes, P., Stevens, S., Ruiz, B., & Bootzin, R.R. (2006). The effects of an integrative behavioral sleep medicine intervention on traumatic stress symptoms in adolescents recently treated for substance abuse. *Sleep*, **29**, A99.
- Kaplan, R.F., Wang, Y., Bootzin, R.R., & Loparo, K.A. (2006). Evaluation of an automated system for in-home behavioral treatment of chronic insomnia: Part I. *Sleep*, **29**, A348.
- Kaplan, R.F., Wang, Y., Bootzin, R.R., & Loparo, K.A. (2006). Evaluation of an automated system for in-home behavioral treatment of chronic insomnia: Part II. *Sleep*, **29**, A349.
- Morin, C.M., Bootzin, R., Buysse, D.J., Edinger, J.D., Espie, C., & Lichstein, K.L. (2006). Psychological and behavioral treatment of insomnia: Update of recent evidence (1998-2004). *Sleep*, **29**, A256.
- Silva, G.E., Goodwin, J.L., Bootzin, R.R., Smith, T., Arnold, J., Walsleben, J., & Quan, S.F. (2006). Relationship between reported and measured sleep times: The Sleep Heart Health Study (SHHS). *Sleep*, **29**, A365.
- Smith, L.J., Britton, W.B., Breslin, J.H., & Bootzin, R.R. (2006). Effects of REM sleep on affective memory consolidation in patients with depression. *Sleep*, **29**, A333.
- Breslin J, Fridel K, Bootzin R, & Nadel, L. (2007). Overnight sleep-dependent visual discrimination task improvement is associated with waking and lights sleep. *Sleep*, **30**, A384.
- Cousins J, Bootzin R, Moritz P, Epstein, D., Miranda, J., & Sidani, S. (2007). Different delivery methods of cognitive-behavioral treatments for insomnia yield different outcomes. *Sleep*, **30**, A270.
- Harris J, Lack L, & Bootzin R. (2007). Randomized controlled trial of an accelerated insomnia therapy *Sleep*, **30**, A261.
- Haynes P, Kersh B, & Bootzin R. (2007). An evaluation of subjective sleep quality in psychiatric inpatients: Results of a behavioral sleep medicine pilot intervention. *Sleep*, **30**, A338.

- Kaplan R, Wang Y, Loparo K, & Bootzin, R. (2007). Evaluation of an automated system for in-home behavioral treatment of chronic insomnia: Part III. *Sleep*, **30**, A346.
- Smith L, Britton W, & Bootzin R. (2007). Sleep's role in memory consolidation: Different processes for remitted depressed and never depressed individuals. *Sleep*, **30**, A331-A332.
- Blank, Y., Allen, J., Bootzin, R.R., & Manber, R. (2008). Cardiac vagal control, depression, and insomnia. *Sleep*, **31**, A318.
- Breslin, J.H., Fridel, K.W., Bootzin, R.R., & Nadel, L. (2008). Sleep and episodic memory consolidation. *Sleep*, **31**, A368.
- Breslin, J.H., Frank, M.J., Bootzin, R.R., Finley, S.R., & Nadel, L. (2008). Probabilistic reinforcement learning and sleep: A pilot study. *Sleep*, **31**, A378.
- Cousins, J.C., & Bootzin, R.R. (2008). The effect of sleep extension on cognitive functioning in adolescents with daytime sleepiness and insufficient sleep at night. *Sleep*, **31**, A379.
- Hasler, B.P., & Bootzin, R.R. (2008). Couples with divergent diurnal preferences or sleep schedules show reduced affective synchrony and lower relationship satisfaction, although the specific patterns differ for male and female partners. *Sleep*, **31**, A378.
- Hayne, P., Kelly, M., Williamson, M., Marks, M., Quan, S.F., Bootzin, R.R. (2008). Cognitive behavioral social rhythm therapy for veterans with comorbid PTSD and depression: Initial results from a pilot study. *Sleep*, **31**, A323.
- Ruiter, M., Britton, W., Bootzin, R.R., & Lichstein, K.L. (2008). The interaction between depression and sleep complaints affects emotional reactions to stressful events and objective sleep. *Sleep*, **31**, A320.
- Smith, L.J., Britton, W.B., & Bootzin, R.R. (2008). The impact of mood and sleep disturbance on emotional memory in remitted depressed participants. *Sleep*, **31**, A367.
- Wang, Y., Kaplan, R.F., Bootzin, R.R., & Loparo, K.A. (2008). A single channel wake-sleep detection system. *Sleep*, **31**, A333.

Selected Conference Presentations, Colloquia, and Grand Rounds since 1985

- Bootzin, R.R. (1985). The perception of sleep. Invited colloquium, National Institutes of Health, Section on Sleep Studies, Washington, D.C.
- Bootzin, R.R. (1987). The etiology and treatment of insomnia. Invited address given at the 2nd Peruvian Congress of Clinical Psychology, Arequipa, Peru.

- Bootzin, R.R. (1988). Treatment of insomnia. Invited presentation at the University of Geneva and the World Health Organization, Switzerland.
- Bootzin, R.R., & Penn, P.E. (1988). Behavioral techniques for enhancing alertness and performance in shift workers. Invited paper for The National Institute of Occupational Safety and Health Panel on Designing Shift Work Systems to Improve Performance and Alertness, Human Factors Meeting, Anaheim, CA.
- Bootzin, R.R. (1988). Behavioral approach to the treatment of insomnia. Invited participant at Insomnia Conference at The Instituto Scientifico H. San Raffaele, Milan, Italy.
- Bootzin, R.R. (1988). Stimulus control treatment for insomnia. Invited Participant at the Stanford University Conference on Insomnia, Stanford, CA.
- Bootzin, R.R., Kihlstrom, J.F., Schacter, D. (1989). Sleep and Cognition. Organizers and chairmen for conference sponsored by the American Psychological Association Scientific Directorate, Tucson, AZ.
- Bootzin, R.R. (June, 1989). Invited paper on Behavioral Techniques for Increasing Performance and Arousal. Association of Professional Sleep Societies, Washington, D.C.
- Bootzin, R.R. (September, 1989). Invited paper on the Assessment and Treatment of Insomnia. Royal College of Physicians and Surgeons of Canada, Edmonton, Canada.
- Bootzin, R.R. (April, 1991). Sleep and cognition. William Battig Invited Lecture. Rocky Mountain Psychological Association, Denver.
- Bootzin, R.R. (November, 1991). Nonpharmacological treatments of insomnia. Invited presentation at the Sandoz Insomnia Seminar, Chicago, IL.
- Hauri, P., Bootzin, R.R., Morin, C., & Stevenson, M. (May, 1992). Nuts and bolts of behavioral treatment of insomnia. Preconvention workshop at the meeting of the Association of Professional Sleep Societies, Phoenix.
- Bootzin, R.R. (August, 1992). Sleep and cognition. Invited colloquium, University of Queensland, Brisbane, Australia.
- Bootzin, R.R. (September, 1992). Sleep and cognition. Invited colloquium, University of Adelaide, Adelaide, Australia.
- Bootzin, R.R. (April, 1993). Memory during hypnosis, anesthesia, and sleep. Chair of invited symposium presented at the joint annual convention of the Western and Rocky Mountain Psychological Associations, Phoenix.

Bootzin, R.R. (June, 1994). Nonpharmacological treatments of insomnia. Invited paper presented at a symposium sponsored by Searle Pharmaceutical Co., "Integrated Approach to Sleep Management", Dallas.

Rider, S.P., Bootzin, R.R., & Leffingwell, T.R. (October, 1994). Sleep and swimming performance. Association for the Advancement of Applied Sport Psychology, Lake Tahoe, NV.

Bootzin, R.R. (October, 1994). Sleep and cognition. Invited colloquium, Emory University, Atlanta, GA.

Bootzin, R.R. (March, 1995). Sleep and cognition. Invited colloquium, University of New South Wales, Sydney, Australia.

Bootzin, R.R. & Campbell, K.B. (October, 1995). Consciousness during unconscious states: Awareness and memory during sleep and anesthesia. Co-chair and discussant of symposium presented at the meeting of the Society for Psychophysiological Research, Toronto.

Bootzin, R.R. (October, 1996). Knitting the ravell'd sleeve of care: The cognitive-behavioural treatment of insomnia. Invited address, International Congress on Stress and Health, Sydney, Australia.

Bootzin, R.R., Blwise, D., Buysse, D., Lack, L., & Manber, R. (June, 1997). Assessment and treatment of insomnia. Organizer and presenter for preconvention workshop at the meeting of the Association of Professional Sleep Societies, San Francisco.

Bootzin, R.R., Cote, K., Harsh, J., Loewy, D., Ogilvie, R., & Wyatt, J.K. (June, 1997). Consciousness and sleep: Awareness, attention and memory during sleep. Co-chair and organizer of a evening discussion group at the meeting of the Association of Professional Sleep Societies, San Francisco.

Bootzin, R.R., Campbell, K., Harsh, J., Loewy, D., & Ogilvie, R. (April, 1998). Awareness, attention and memory during sleep. Chair and organizer of a symposium at the conference, Toward a Science of Consciousness 1998 "Tucson III", Tucson.

Carskadon, M.A., & Bootzin, R.R. (June, 1998). Teaching a sleep course. Preconvention workshop for trainees at the meeting of the Association of Professional Sleep Societies, New Orleans.

Bootzin, R.R., Hubbard, T., Reiman, E., Bandy, D., Yun, L., & Munzlinger, T. (June, 1998). Brain regions preferentially affected during different stages of sleep and wakefulness: A PET study. Paper presented in a session on imaging at the meeting of the Association of Professional Sleep Societies, New Orleans.

Bootzin, R.R. (September, 1998). The job interview and the job talk: Some do's and don't's. Part of a preconvention workshop, "Entering the academic market place: A

guide for the perplexed” sponsored by the American Psychological Association and SPR. Presented at the meeting of the Society for Psychophysiological Research, Denver, CO.

Rubin, S.R., Bootzin, R.R., Franzen, P.I., & Al-Shajlawi, A. (April, 1999). Memory performance after normal sleep or selective sleep fragmentation. *Cognitive Neuroscience*, Washington, D.C.

Loewy, D.*, Burdick, R.S., Al-Shajlawi, A., Franzen, P., & Bootzin, R. (June, 1999). Enhanced information processing at the peri-sleep onset period in insomniacs as measured by event-related potentials. Paper presented in a session on insomnia at the Association of Professional Sleep Societies, Orlando. (*ASDA Young Investigator's Award Honorable Mention).

Bootzin, R.R. (September, 1999). Stimulus control instructions for insomnia. Invited colloquium, University of Glasgow School of Medicine, Glasgow, Scotland.

Bootzin, R.R., Lack, L., & Wright, H. (October, 1999). Efficacy of bright and dim light with and without stimulus control instructions for sleep onset insomnia. Paper in a symposium on advances in cognitive-behavioral treatment of insomnia presented at the Third International Congress of the World Federation of Sleep Research Societies, Dresden, Germany.

Bootzin, R.R. (October, 1999). Invited paper, Stimulus Control Instructions, part of a workshop on behavioral treatment of insomnia presented at the Third International Congress of the World Federation of Sleep Research Societies, Dresden, Germany.

Bootzin, R.R. (November, 1999). Invited speaker at NIMH workshop, “Control Groups in Psychosocial Intervention Research: Ethical and Methodologic Issues”, (see: Street, L.L., & Luoma, J.B. (2002). Control groups in psychosocial intervention research: Ethical and methodological issues. *Ethics and Behavior*, 12, 1-30.)

Bootzin, R.R. (December, 1999). Advances in the treatment of insomnia. Invited Grand Rounds, Stanford University School of Medicine, Palo Alto, CA.

Bootzin, R.R. (November, 2000). Invited presenter on cognitive, personality, and social learning explanatory mechanisms of the placebo effect, A Trans-National Institutes of Health/Department of Health and Human Services Workshop, “The Science of the Placebo: Toward an Interdisciplinary Research Agenda”, Washington, D.C.

Bootzin, R.R. (April 2001). The etiology and treatment of insomnia. Invited colloquium. Washington and Lee University and Lexington, VA.

Bootzin, R.R. (June, 2001). Nonpharmacological treatment of insomnia. Invited presentation as part of a preconvention workshop on group treatment of insomnia. Association of Professional Sleep Societies, Chicago.

- Bootzin, R.R. (June, 2001). Chair and presenter for a cross-cutting symposium, "The Science of Placebo Effects". American Psychological Society, Toronto.
- Bootzin, R.R. (July, 2001). Discussant for symposium, "Developments in the Nature and Treatment of Insomnia". World Congress of Behavioral and Cognitive Therapies, Vancouver.
- Bootzin, R.R. (June, 2002). Discussant and co-organizer for symposium, "Post-Disaster Sleep Disturbance: Can Sleep Clinicians Help Trauma Patients?" Association of Professional Sleep Societies, Seattle.
- Bootzin, R.R. (September, 2002). Etiology and assessment of insomnia. Invited colloquium, Department of Epidemiology, University of Arizona Health Sciences, Tucson, AZ.
- Bootzin, R.R. (Oct., 2002). Cognitive Deficits Associated with Sleep Disorders. Invited plenary presentation, Sleep, Health and Longevity Workshop. Sponsored by the International Longevity Center, Institute for the Study of Aging, and the National Institute on Aging, Canyon Ranch Health Resort, Tucson, AZ.
- Shapiro, S., Britton, W. B., Penn, P.E., & Bootzin, R. R. (March, 2003). Treating insomnia with mindfulness-based stress reduction. Paper presented at the Society for Behavioral Medicine 25th Annual Conference, Salt Lake City.
- Sidani, S., Epstein, D., & Bootzin, R.R. (April, 2003). Methodological issues in clinical trials. Invited colloquium, College of Nursing, University of Arizona. Tucson, AZ.
- Bootzin, R.R. (Oct 3, 2003). Sleep and memory. Invited Grand Rounds, Stanford University School of Medicine, Palo Alto, CA
- Bootzin, R.R. (Nov 26, 2003). Sleep and Memory. Invited colloquium, University of Western Australia, Perth, Australia.
- Bootzin, R.R. (Nov 27, 2003). Treatment of Sleep Disorders Across the Life-Span. Invited presentation at the "Sandwich Seminar" University of Western Australia, Perth, Australia.
- Bootzin, R.R. (Apr, 2004). The impact of sleep on mood and cognition. Invited address at the convention of the Western Psychological Association, Phoenix.
- Bootzin, R.R. (May, 2004). Sleep and memory. Invited colloquium, University of Texas, El Paso.
- Bootzin, R.R. (May, 2004). Psychological clinical science: Why and how we got to where we are. Invited address at the Richard M. McFall Festschrift at the American Psychological Society Convention, Chicago.

- Bootzin, R.R. (July, 2004). Treating sleep problems of adolescents with a history of substance abuse. Invited workshop for the Applied Behavior Health Policy 5th Annual Summer Institute, Sedona.
- Bootzin, R.R. (July, 2004). Understanding sleep and sleep disorders. Invited colloquium at the Psychology program of the Lackland Airforce Base Hospital, San Antonio.
- Bootzin, R.R. (July, 2004). Treatment of insomnia. Invited two hour workshop for psychology interns and staff at the Lackland Airforce Base Hospital, San Antonio.
- Bootzin, R.R. (Nov, 2004). Discussant for symposium, The Comorbidity of Depression and Insomnia. Convention of the Association for the Advancement of Behavior Therapy (AABT), New Orleans.
- Gomez, R., Bootzin, R., & Nadel, L. (May 21, 2005) . Sleep and memory consolidation in infant learning. Poster presented at the Infant Cognitive Development Conference, Duke University.
- Britton, W., Fridel, K.W., Payne, J.D., & Bootzin, R.R. (May 27, 2005). Improvement in sleep and depression following mindfulness meditation: A PSG study. Poster presented at the American Psychological Society Convention, Los Angeles.
- Hasler, B.P., Sbarra, D.A., & Bootzin, R.R. (May 27, 2005). Diurnal variation of mood and the magnitude of response to the sleep deprivation for depression. Poster presented at the Society for a Science of Clinical Psychology session of the American Psychological Society Convention, Los Angeles.
- Bootzin, R.R. (Sep 15, 2005). Nonpharmacological treatments for insomnia. Invited colloquium at the Sleep Medicine Department of the Shiga University of Medical Sciences, Otsu, Japan.
- Bootzin, R.R. (Sep 23, 2005). Was the organizing chair of the symposium on new approaches to understanding and treating disturbed sleep and presented a paper, Treating insomnia and daytime sleepiness in adolescents with a drug abuse history. World Federation of Sleep Research and Sleep Medicine Societies, New Delhi, India.
- Bootzin, R.R. (Sep 23, 2005). Presented an invited paper in a symposium on sleep in the ICU, Implications of sleep in the ICU for clinical care of patients in other hospital units. World Federation of Sleep Research and Sleep Medicine Societies, New Delhi, India.
- Gómez, R. L., Bootzin, R. R., Nadel, L. (Oct, 2005). Naps promote abstraction in language learning infants. Presentation given at the meeting of the Cognitive Development Society, San Diego, CA.

Bootzin, R.R. (Oct 21-22, 2005). Behavioral therapy of insomnia. Invited speaker at the Penn State Sleep Disorders Medicine Symposium on Chronic Insomnia, held in honor of the contributions of Anthony Kales, M.D., Hershey, PA.

Bootzin, R.R. (December, 2005). Hallucinations, Inability to Differentiate Wake from Dreams, Amnesia for Waking from Sleep, and Inattentiveness to Cues to Switch Bilingual Language Modes: A Case Study of an Extreme Marathon Cyclist. Cognitive and Clinical Neuroscience Seminar Series, University of Arizona.

Bootzin, R.R. (October, 2006). Translating behavioral science into treatments for insomnia. Invited speaker, Behavioral and Social Science Lecture Series, National Institutes of Health, Washington, D.C.

Bootzin, R. R. & Hasler, B. P. (November, 2006). Applying knowledge from circadian rhythm research to the treatment of sleep disturbance in adolescents with a substance abuse history. Paper presented in symposium on future directions in behavioral sleep medicine. Convention of the Association of Behavioral and Cognitive Therapies, Chicago.

Bootzin, R.R. (April, 2007). Cognitive-behavioral treatments for insomnia. Invited Grand Rounds, Tucson Medical Center, Tucson.

Bootzin, R.R. (May, 2007). Translating psychological science into treatments for insomnia. Invited address, Western Psychological Association, Vancouver.

Bootzin, R.R. (September, 2007). Stimulus Control Therapy for Insomnia: Past, Present, and Future. Discussion session at the WorldSleep07 meeting in Cairns, Australia, on the occasion of the 35th anniversary of my introduction of stimulus control instructions for the treatment of insomnia. Discussants included major insomnia researchers including Colin Espie (Scotland), Allison Harvey (U.S.A.), Leon Lack (Australia), Rachel Manber (U.S.A.), Charles Morin (Canada), Michael Perlis (U.S.A.), and Art Spielman (U.S.A.).

Bootzin, R.R. (September, 2007). A behavioral sleep intervention for substance abusing adolescents. Paper presented as part of a symposium on the sleep of adolescents, WorldSleep07 meeting, Cairns, Australia.

Bootzin, R.R. (October, 2007). CBT for the treatment of chronic insomnia. Invited colloquium, Flinders University, Adelaide, Australia.

Bootzin, R.R. (October, 2007). Translating behavioral science into treatments for insomnia. Invited colloquium, Canterbury University, Christchurch, New Zealand.

Bootzin, R.R. (October, 2007). Translating behavioral science into treatments for insomnia. Invited colloquium, Massey University, Wellington, New Zealand.

Bootzin, R.R. (November, 2007). Treatment of sleep and sleepiness for substance-abusing adolescents. Invited Child Psychiatry Grand Rounds, Arizona Health Sciences Center, Tucson.

Bootzin, R.R. (March, 2008). Invited speaker, The assessment and diagnosis of insomnia. American Academy of Sleep Medicine workshop on behavioral sleep medicine, Chicago.

Bootzin, R.R. (May, 2008). Invited talk, Why is Sleep Important? The Short and Long-Term Consequences of Sleep Disturbance, Association of Psychological Science Convention, Chicago.

Bootzin, R.R. (July, 2008). Invited speaker and participant, NIH workshop on research in meditation, Washington, D.C.

Bootzin, R.R. (April, 2009). Keynote address, Women and sleep. Women's Mental Health Symposium, Tucson, AZ.